

Sandra's Story

Sandra is 68 years old. She has decided to start eating better. She has many challenges in front of her:

Sandra has always been used to cooking for a large family. Now that her children have left home, she finds it hard to make healthy meals for herself and her husband.

Her husband does not like many vegetables and fruit. He complains when she serves them.

Sandra does not know how to prepare many vegetables and fruit. Arthritis in her hands makes it hard to chop and peel them.

Sandra wonders if she can ever change her eating habits.



How Sandra Talked Herself Out of Change

Sandra has many barriers.

Here is how Joanne might talk herself out of eating more vegetables and fruit:

- ▶ “I don’t know how to include vegetables and fruit in meals for one or two.”
- ▶ “My husband will be unhappy if I serve vegetables and fruit that he does not like.”
- ▶ “Vegetables and fruit are too hard to prepare.”

How Sandra Talked Herself Into Change

There are always solutions to barriers.

Sandra could have talked herself into eating vegetables and fruit:

- ▶ “I can find vegetable and fruit recipes in cooking for one cookbooks.”
- ▶ “There are ways that I can enjoy more vegetables and fruit, even if my husband won’t.”
- ▶ “Using frozen and canned vegetables and fruit makes it easier to prepare them.”